

Experiences Related to Creativity

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

A pilot study to investigate the impact of *Hemi-Sync* on creative responses and divergent thinking used two tapes. *Deep 10 Relaxation* was played for the *Hemi-Sync* group to induce deep physical and mental relaxation, followed by *Surf* (ocean sounds with no verbal instructions). The control group listened to the same tapes, but without the *Hemi-Sync* tones. According to the *Guilford and Doodles Tests of Creativity*, the *Hemi-Sync* group demonstrated significantly increased creativity and divergent thinking.

An artist reports. Before I pick up my paint brush, I sit quietly for a few moments with my eyes closed and listen to *Higher*, *Cloudscapes*, or *Sleeping Through the Rain*. I begin to paint with the *Metamusic* still playing, allowing the sounds to flow through me. With no preconceived ideas about what I'm going to put on paper, my paintings are full of movement with vibrant colors and shapes. It feels as if the *Hemi-Sync* enables me to tap into deeper than usual sources of creativity and energy that comes through me and is expressed on paper. When other people look at paintings I've done with and without *Hemi-Sync*, they easily identify the qualitative difference that *Metamusic* makes.

A teacher of creative writing used *Metamusic* in a classroom experiment. "Listening to the music helped some who did not normally feel comfortable writing to get going with considerable enthusiasm. There was a great range of images and a keen sense of involvement which expressed itself in metaphor."

I write music and have been very successfully using *Contemplation* to tap into higher levels of creativity. It's so easy, when I'm working out something new on the piano, to just say the Function Command. It feels like I'm being lifted into a different space where I can think of new approaches to what I'm doing.

I'm been giving workshops on developing creativity for many years and just recently started playing your musical *Hemi-Sync* tapes as background to the various exercises I give my students. I'm noticing a difference in responsiveness, in spontaneity, and in results, and the workshop participants really enjoy the music. If I forget to start the music when people are ready to begin the next exercise, they miss it and remind me.

Part way through the book I've been writing, a friend did me the big favor of introducing me to Hemi-Sync. I start a work session with the function commands for *Relax* and *Attention* to help me get into the mood. *Remembrance* is my favorite tape to play when I'm sitting at the computer. Ideas flow quickly and words come easily. Less re-writing is necessary now, because I'm more

often pleased with the first way I say things. It's as if *Hemi-Sync* helps my brain operate in high gear.

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